

# Foods highest in

# Vitamin B-6

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

**2.4 mg**

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
All-Bran Original	192%	1025	1.4	38	Fiber One	35%	519	1.8	50
All-Bran with fiber	174%	1098	1.8	52	Garlic	35%	213	2.4	67
All-Bran Buds	112%	874	1.4	40	Turnip greens	34%	1791	11.0	313
Balsam-pear (bitter gourd)	112%	1072	11.8	333	Taragon, dried	34%	434	1.2	34
Complete Wheat Bran	92%	1194	1.1	31	Beef liver	33%	1808	2.6	74
Total cereal	83%	1153	1.1	30	Broccoli raab	32%	1267	16.0	455
Complete Oat Bran Flakes	83%	1118	1.0	29	Garden cress	32%	1639	11.0	313
Multi-Grain Cheerios	76%	952	0.9	26	Red/cayenne pepper	32%	541	1.1	31
Total Corn Flakes	75%	1004	0.9	27	Chicken, liver	31%	983	3.0	86
Kellogg's Special K	70%	529	0.9	26	Okra	29%	671	11.4	323
Chinese cabbage (bok choy)	62%	1749	27.1	769	Mustard greens	29%	2403	13.6	385
Paprika	58%	763	1.2	35	Sauerkraut, canned	29%	269	18.6	526
Summer squash	57%	546	22.0	625	Veal liver	28%	2093	2.5	71
Zucchini	57%	553	22.0	625	Dill weed, dried	28%	458	1.4	40
Rice bran	54%	600	1.1	32	Savory	28%	450	1.3	37
Chili peppers	53%	693	8.8	250	Sprouted radish seeds	28%	355	8.2	233
Total Raisin Bran	49%	648	1.1	32	Tomatoes, canned	27%	296	20.7	588
Watercress	49%	2843	32.1	909	Tomato juice	27%	401	20.7	588
Chili powder	49%	497	1.1	32	Coriander (cilantro) leaves	27%	1762	15.3	435
Green bell peppers	47%	738	17.6	500	Lambsquarters, raw	27%	1219	8.2	233
Red bell peppers	47%	1071	13.6	385	Boston lettuce	26%	1299	27.1	769
Smart Start Cereal	46%	593	1.0	27	Red leaf lettuce	26%	1603	22.0	625
Smart Start Soy Protein	42%	541	1.0	27	Soyburger	26%	171	1.8	52
Kellogg's Corn Flakes	40%	308	1.0	28	Wheat bran, crude	25%	677	1.6	46
Pimento, canned	39%	884	15.3	435	POST 100% BRAN	25%	320	1.2	35
Dried basil	39%	866	1.4	40	Green leaf lettuce	25%	1957	23.5	667
Wheaties	38%	436	1.0	27	Raisin Bran Cereal	24%	325	1.1	32
Spearmint, dried	38%	762	1.2	35	Broccoli stalks	24%	764	12.6	357
Bamboo shoots	37%	393	13.1	370	Dandelion greens	23%	849	7.8	222
Cauliflower	37%	566	14.1	400	Bay leaf spice	23%	368	1.1	32
Garlic powder	37%	141	1.1	30	Kohlrabi	23%	510	13.1	370
Sage	36%	554	1.1	32	Collards	23%	1611	11.8	333
Spinach	35%	2601	15.3	435	Lemons, with peel	23%	716	17.6	500

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Kale	23%	1747	7.1	200	Podded peas	16%	492	8.4	238
Rosemary, dried	22%	274	1.1	30	Kellogg's Nutri-Grain	16%	75	1.0	27
Swiss chard	22%	2849	18.6	526	Lean pork	15%	291	2.5	70
Salmon	22%	452	1.9	55	Ham	15%	297	2.6	74
Pork liver	21%	1241	2.6	75	Lemon peel	15%	479	7.5	213
Broccoli	21%	748	10.4	294	CHEX snack mix	15%	177	0.8	24
Brussels sprouts	21%	692	8.2	233	Asparagus	15%	586	14.1	400
Ground tumeric	21%	284	1.0	28	Parsley, dried	15%	903	1.3	36
Swamp cabbage	21%	1506	18.6	526	Wheat germ, crude	15%	416	1.0	28
Cabbage	21%	497	14.1	400	Spearmint, fresh	15%	838	8.0	227
Turkey, light meat	20%	317	3.1	87	Curry powder	15%	323	1.1	31
Beet greens	20%	1964	16.0	455	Lean beef, chuck	15%	278	2.5	72
Shallots	20%	176	4.9	139	Onion powder	15%	86	1.0	29
Basil	20%	1751	13.1	370	Chicken Broth 1% fat	15%	17	88.2	2500
Chicken, light meat	20%	315	3.1	88	Eggplant	15%	279	14.7	417
White mushrooms	20%	629	16.0	455	Ling	15%	361	4.1	115
Beef, top sirloin lean	20%	289	2.7	76	Thyme, fresh	14%	695	3.5	99
Dolphinfish	20%	377	4.1	118	Shredded wheat	14%	136	1.0	30
Crushed tomatoes, canned	20%	310	11.0	313	Toasted Wheat Bran	14%	819	1.8	50
Celery	19%	422	22.0	625	Beef tip round, lean, choice	14%	295	2.7	77
Chives	19%	1205	11.8	333	Chinese waterchestnuts	14%	117	3.6	103
Chicory greens	19%	1726	15.3	435	Salsify, (vegetable oyster)	14%	127	4.3	122
Purslane	19%	855	22.0	625	Carrots	14%	1011	8.6	244
Cheerios	19%	368	1.0	27	Plain frozen waffles	14%	133	1.1	32
Tomatoes, ripe	19%	416	19.6	556	Pork chops, lean boneless	14%	288	2.5	71
Radishes	18%	356	22.0	625	Grouper	14%	360	3.8	109
Marjoram, dried	18%	659	1.3	37	Shiitake mushrooms	14%	356	1.2	34
Romaine lettuce	18%	1566	20.7	588	Spaghetti squash	14%	137	11.4	323
Dill weed	18%	1166	8.2	233	Saffron	14%	531	1.1	32
Grape leaves	18%	998	3.8	108	Bluefish	14%	421	2.8	81
Poultry seasoning	18%	392	1.1	33	Potatoes, no skin	13%	113	3.8	108
Spinach, canned	18%	1280	18.6	526	Turnips	13%	231	12.6	357
Bananas	17%	82	4.0	112	Monkfish	13%	334	4.6	132
Italian (Crimini) mushrooms	17%	606	13.1	370	Elderberries	13%	176	4.8	137
Oegano, dried	16%	519	1.2	33	Oyster mushrooms	13%	429	10.1	286
Portabella mushrooms	16%	593	13.6	385	Halibut	13%	389	3.2	91
Potatoes with skin	16%	146	4.6	130	Pollock	13%	441	3.8	109
Leeks	16%	274	5.8	164	Striped bass	13%	436	3.6	103

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Haddock	13%	365	3.1	89	Sweet potato	10%	436	4.1	116
Deer meat	13%	364	2.9	83	Ground ginger	10%	490	1.0	29
Prune juice	13%	40	5.0	141	Beef, round, lean	10%	218	1.5	44
Pistachio nuts	13%	126	0.6	18	Grape-Nuts Cereal	10%	142	1.0	28
Pheasant	13%	73	1.4	40	Green beans	10%	393	11.4	323
Tuna, canned in water	13%	473	3.0	86	Turkey leg, meat and skin	10%	224	2.4	69
Onions	13%	113	8.8	250	Pumpkin	10%	857	13.6	385
Iceberg lettuce	13%	410	25.2	714	Molasses	10%	64	1.2	34
Sprouted mung beans	12%	395	11.8	333	Trout	10%	370	2.4	67
Sprouted kidney beans	12%	610	12.2	345	Pineapple	10%	243	7.3	208
Arugula	12%	825	14.1	400	Flounder	10%	386	3.9	110
Turkey, dark meat	12%	270	2.8	80	Celery seeds	9%	307	0.9	26
Gourd	12%	300	25.2	714	Coriander leaf, dried	9%	913	1.3	36
Fresh tuna	12%	509	1.9	54	Pink salmon, canned	9%	548	2.5	72
Sprouted navy beans	12%	360	5.3	149	Cantaloupe	9%	395	10.4	294
Sprouted kidney beans, cooked	12%	545	10.7	303	Mashed potato flakes	9%	116	1.0	28
Rutabagas	12%	251	9.8	278	Beef round, 1/4" fat	9%	242	1.8	52
Lemons	11%	318	12.2	345	Peas	9%	285	4.4	123
Sprouted pinto beans	11%	334	5.7	161	Sprouted peas	9%	180	2.8	78
Swordfish	11%	388	2.9	83	Mangos	9%	111	5.4	154
Tilefish	11%	396	3.7	104	Stewed prunes	8%	32	3.3	93
Cod fish	11%	343	3.4	95	Shad	8%	327	1.8	51
Cucumber	11%	264	23.5	667	Chestnuts, european	8%	101	1.4	41
Quail	11%	101	1.5	43	Ginger root	8%	108	4.4	125
Chicken, dark meat	11%	249	2.8	80	Thyme, dried	8%	869	1.3	36
Tomato paste	11%	243	4.3	122	Atlantic mackerel	8%	450	1.7	49
Dove, Squab	11%	114	1.6	46	Anise seed	8%	222	1.0	30
Sprouted mung beans, cooked	11%	397	16.8	476	Turkey wings	8%	143	1.7	48
Rosemary, fresh	11%	281	2.7	76	Lotus seeds, dried	8%	156	1.1	30
Toasted wheat germ	11%	521	0.9	26	Lotus seeds raw	8%	156	4.0	112
Sprouted navy beans, cooked	11%	320	4.5	128	Pineapple juice w/vit C	8%	152	6.7	189
Taro	11%	122	3.1	89	Soy milk	8%	274	6.8	192
Parsley	10%	2925	9.8	278	Peppermint, fresh	8%	556	5.0	143
Yams	10%	118	3.0	85	Enoki mushrooms	8%	270	8.0	227
Artichokes	10%	293	7.5	213	Japanese chestnuts	8%	158	2.3	65
Sprouted pinto beans, cooked	10%	299	16.0	455	Japanese chestnuts, dried	8%	158	1.0	28
Plantains	10%	77	2.9	82	Chinese chestnuts, raw	8%	123	1.6	45
Honeydew melons	10%	110	9.8	278	Cloves	8%	581	1.1	31

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Gooseberries	8%	204	8.0	227	Corned beef hash	6%	64	2.2	61
Orange peel	8%	274	3.6	103	Ensure plus	6%	116	2.5	71
Lima beans	8%	252	3.1	88	Sesame seeds	6%	180	0.6	17
European chestnuts, dried	8%	81	1.0	27	Brown rice	6%	125	1.0	27
Ginko nuts	8%	104	1.9	55	Pinto beans	6%	206	1.0	29
European chestnuts	7%	88	1.8	51	Fennel seed	6%	321	1.0	29
Sprouted lentils	7%	231	3.3	94	Whole duck egg	6%	83	1.9	54
Whey, acid	7%	147	14.7	417	Sunflower seed kernels	6%	220	0.6	18
Tomatillos	7%	212	11.0	313	Mackerel, canned	6%	458	2.3	64
Crab	7%	590	4.1	115	Sprouted wheat	6%	171	1.8	51
Scallops	7%	316	4.0	114	Black pepper	6%	316	1.4	39
Whey, sweet, dried	7%	122	1.0	28	Northern pike	6%	365	4.0	114
Top loin pork roast	7%	207	1.6	44	7-grain bread	6%	144	1.4	40
Pumpkin, canned	7%	1139	10.4	294	Potato chips	6%	70	0.6	18
Sprouted lentils, cooked	7%	222	3.5	99	Perch	5%	380	3.9	110
Guavas	7%	526	5.2	147	Great northern beans	5%	218	1.0	29
Beef, ground,15% fat	7%	138	1.6	47	Grapefruit	5%	228	11.0	313
Avocados raw	7%	142	2.2	63	Manhattan clam chowder	5%	201	5.8	164
Feta cheese	7%	85	1.3	38	Seaweed, spirulina	5%	596	13.6	385
Clementines	7%	167	7.5	213	White beans	5%	214	1.0	30
Beets	6%	205	8.2	233	Sprouted peas, cooked	5%	160	3.6	102
Whiting	6%	377	3.0	86	Sprouted soybeans, cooked	5%	296	4.4	123
Pomegranates	6%	26	5.2	147	Chicken liver, canned	5%	261	1.8	50
Pink beans	6%	206	1.0	29	Sun-dried tomatoes	5%	211	1.4	39
Catsup	6%	27	3.6	103	Yellow beans	5%	211	1.0	29
Lentils	6%	229	1.0	28	Oranges	5%	205	7.5	213
Pumpkin pie mix, canned	6%	260	3.4	96	White rice, enriched	5%	119	2.9	81
Figs	6%	44	4.8	135	Potato chips, barbecue	5%	61	0.7	20
Horseradish	6%	148	7.3	208	Navy beans	5%	218	1.0	29
Fennel bulbs	6%	254	11.4	323	Grapes	5%	44	5.1	145
Watermelon	6%	117	11.8	333	Frankfurter, chicken	5%	55	1.4	39
Sprouted alfalfa seeds	6%	496	15.3	435	Cranberries	5%	156	7.7	217
Tangerines, mandarin oranges	6%	124	6.7	189	Durum wheat	5%	177	1.0	29
Chickpeas (garbanzo)	6%	194	1.0	27	Pineapple, canned	5%	109	5.9	167
Strawberries	6%	359	11.0	313	Seaweed, agar	5%	359	13.6	385
Sprouted soybeans	6%	271	2.9	82	Orange juice, California	5%	190	8.0	227
Tomato soup	6%	88	5.9	167	Fortified skim milk	5%	263	8.6	244
Limes	6%	222	11.8	333	Hummus	5%	113	2.1	60